



Probation Service Definition

ADMINISTRATIVE OFFICE OF PROBATION

SERVICE NAME	Intensive Outpatient Counseling <input type="checkbox"/> Adult <input checked="" type="checkbox"/> Juvenile
Category	Mental Health
Setting	Professional office environment in a mental health center, substance use treatment center or private practice appropriate to the provision of evaluation/assessment services.
Facility License	As required by Nebraska Department of Health and Human (NDHHS) division of public health if in a mental health center, the center must be licensed.
Service Description	<p>IOP substance use counseling is based off a recommendation from a substance use evaluation, Intensive outpatient counseling (IOP) is a clinical service provided by a licensed therapist in which the focus is on the treatment of substance use.</p> <p>IOP is an intensive group, family and individual counseling to improve or alleviate symptoms that may significantly interfere with functioning in a least one life domain (e.g. familial, social work, educational) through scheduled therapeutic visits and essential education. Service is more intensive than outpatient therapy and less intensive than day treatment or partial care.</p>
Service Expectations	<p>IOP substance use involved the following:</p> <ul style="list-style-type: none">• The evaluation or equivalent service must have been conducted by a clinician within their scope of practice prior to the beginning of treatment• IOP counseling providers may accept a prior substance use evaluations conducted in the last 6 months. The clinical record shall reflect that such evaluations have been reviewed and updated when appropriate prior to the initiation of any mental health services• Interventions are developed to address substance use symptoms and impaired functioning as identified in the comprehensive evaluation. The evaluation and interventions inform and establish the time-limited and measurable, symptom-focused treatment goals and objectives in the individualized treatment plan.

	<ul style="list-style-type: none"> • IOP counseling is a series of time-limited, structured individual and group sessions that work toward the attainment of mutually defined goals as identified in the treatment plan. • For IOP substance use counseling services for youth, the therapist shall ensure timely collateral contacts with family members, parents or guardian and/or with other agencies or providers providing services to the youth. • The treatment/discharge plan is reviewed and updated as frequently as medically indicated, but at a minimum of every 90-calendar days, and signed by all participants. • Discharge planning shall occur upon initiation of IOP counseling • Provide referral for general medical, psychiatric, psychological, and psychopharmacology needs. • The therapist will assist in identification and utilization of community resources and natural supports, which must be identified in the discharge plan • When other individuals are participating in the treatment sessions, the focus and documentation must be based on the goals outlined in the treatment plan. • The therapist/provider must coordinate care with the individual's primary care physician (PCP) and other treatment providers • Psycho-educational and rehabilitation services such as life skills, community support building, leisure skill building, time management, pre-vocational skill building and health education (e.g., nutrition, hygiene, medications, personal wellness, etc.) may also be a part of the treatment services provided by a non-licensed staff.
Service Frequency	<p>A total of 10 hours per week must be met for IOP</p> <ul style="list-style-type: none"> • Minimum of 1 (1) hour individual sessions per week • Minimum of 9 group hours per week <p>Sessions include therapeutic, rehabilitation counseling, psycho education, and/or family/support system services for at least 2 hours per scheduled visit.</p>
Length of Stay	<p>Length of treatment is individualized and based on clinical criteria for admission and continued treatment, as well as the client's ability to benefit from individual treatment/recovery goals.</p>
Staffing	<p>Clinicians, who may provide this service within their scope of practice and are licensed to practice in the State of Nebraska, include:</p> <ul style="list-style-type: none"> • Licensed Alcohol/Drug Counselor (LADC) • Licensed Mental Health Practitioner (LMHP)

	<ul style="list-style-type: none"> • Provisionally Licensed Mental Health Practitioner (PLMHP) • Licensed Independent Mental Health Practitioner (LIMHP) • Licensed Psychologist • Provisionally Licensed Psychologist • Advanced Practice Registered Nurse (APRN) • Psychiatrist <p>Additional training may be required for counseling individuals in specialized populations to include but not limited to co-occurring disorders, eating disorders, trauma and sexualized behaviors.</p> <ul style="list-style-type: none"> • Non-licensed staff: hold a bachelor's degree or higher in psychology, sociology or a related human service field are preferred; two years of coursework in a human services field and/or two years of experience/training. • All staff should be educated and/or trained in developmentally appropriate therapeutic rehabilitation and recovery principles for the age of the youths served.
Staff to Client Ratio	<p>Individual Counseling = 1 therapist to 1 youth</p> <p>Family Counseling = 1 therapist to 1 family</p> <p>Youth Group Counseling = 1 therapist to 8 youths (minimum 1:3; maximum 1:8)</p> <p>Adult Group Counseling = 1 therapist to 12 adults (minimum 1:3; maximum 1:12)</p>
Hours of Operation	Day, evening hours including weekends.
Service Desired Outcomes	<ul style="list-style-type: none"> • Progress on treatment goals as outlined in the treatment plan. • Improved in their daily functioning and their substance use symptoms have diminished. • Community support systems secured and crisis plan in place to help maintain stability in the community. • Medication management referral to prescribing clinician is ongoing, as needed • Provider has coordinated with other treating community professionals, as needed
Unit and Rate	Per hour

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